



Big Agriculture BURIED These 20 Vegetables (They're 10x Stronger Than GMOs)



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Oct 3, 2025

#ForbiddenVegetables

#SeedSovereignty

#BigAgExposed

🌱

Want to grow these vegetables yourself? We've put together a list of trusted places where you can buy seeds for all 20 heirloom varieties featured in this video:

<https://stellareureka.com/heirloomseeds/>

These 20 "forgotten" vegetables were buried by industrial farming... but they never died. And now they're back.

In this episode of Stellar Eureka, we reveal 20 powerful vegetables that Big Agriculture tried to erase from history. From tomatoes that need no pesticides to sweet potatoes that feed entire families with a single plant, these crops were too resilient, too nutritious, and too independent for corporate seed systems. They don't need refrigeration, chemicals, or even perfect soil, yet they thrived through wars, droughts, and famines.

What you'll discover:

- 🌱 The Fish Pepper erased from seed catalogs and nearly lost forever
- 🌱 A 6-month storing pumpkin the supermarkets won't sell
- 🌱 The okra so tall it feeds you and shades your garden
- 🌱 A lettuce so valuable Jefferson pickled it for winter survival
- 🌱 The 10-pound sweet potato that still grows worldwide — without patents

📺 Video chapters:

- 00:00 | Introduction
- 00:19 | Amish Paste Tomato (*Solanum lycopersicum*) – Meaty heirloom saved by Amish communities
- 01:50 | Fish Pepper (*Capsicum annuum*) – Spicy, striped, and nearly erased from US history
- 03:57 | Mammoth Grey Sunflower (*Helianthus annuus*) – Towering survival food with edible seeds
- 05:31 | Rattlesnake Pole Beans (*Phaseolus vulgaris*) – Climbs high, grows in poor soil
- 07:00 | Long Pie Pumpkin (*Cucurbita pepo*) – Stores 6+ months without refrigeration
- 08:53 | Beauregard Sweet Potato (*Ipomoea batatas*) – One plant yields 10 pounds of food
- 10:34 | Tennis Ball Lettuce (*Lactuca sativa*) – Thomas Jefferson's winter-pickled green
- 11:50 | Giant Musselburgh Leek (*Allium ampeloprasum*) – Survives snow, grows 30 inches tall
- 13:37 | Superschmelz Kohlrabi (*Brassica oleracea*) – 8-pound alien vegetable with tender flavor
- 15:26 | Jalapeño Gigante (*Capsicum annuum*) – Enormous, mild heat, ultra-productive
- 16:59 | Boston Marrow Squash (*Cucurbita maxima*) – Pioneer squash that fed generations
- 18:22 | Atlantic Giant Pumpkin (*Cucurbita maxima*) – 2,000+ pound heirloom record breaker

25:50 | Mammoth Red Mangel Beet (*Beta vulgaris*) – 20-pound livestock + people food
27:54 | Elephant Ear Sweet Pepper (*Capsicum annuum*) – Stuffing-sized, survives heat
29:24 | Goliath Tomato (*Solanum lycopersicum*) – 2-pound slices, no GMOs needed
31:00 | Mammoth Basil (*Ocimum basilicum*) – Leaves the size of your hand
33:12 | Elephant Garlic (*Allium ampeloprasum*) – Mild, massive, and misunderstood

Want more discoveries like this?
Subscribe and join us as we uncover ancient crops, survival secrets, and the forgotten wisdom of nature’s most resilient foods.
If you enjoyed this episode, share it with someone who still believes in growing real food.

#ForbiddenVegetables #SeedSovereignty #BigAgExposed #SurvivalGardening

Rediscover 20 resilient heirloom vegetables, nearly lost to industrial farming. From drought-resistant sweet potatoes to cold-hardy leeks, this...

Summary

How this was made

Auto-dubbed
Audio tracks for some languages were automatically generated. [Learn more](#)

View all

0:00

0:19

1:50

3:57

5:31

7:00

8:50

Introduction

Amish Paste Tomato
(*Solanum...*

Fish Pepper
(*Capsicum annuum*) ...

Mammoth Grey
Sunflower (*Helianthu...*

Rattlesnake Pole
Beans (*Phaseolus...*

Long Pie Pumpkin
(*Cucurbita pepo*) –...

Bea
Pot...

Transcript

Follow along using the transcript.

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10 Vegetables Almost Lost Forever (You Can Still Grow Them Today)
by Stellar Eureka

10 Ancient Grains That Make Modern Wheat Look Like Junk Food
by Stellar Eureka

20 Forgotten Vegetables Americans Used to Grow (But Rarely Eat Today)
by Stellar Eureka

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- 11:07

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Gândul ✓

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- 1:18:24

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 Pinned by @StellarEureka

@StellarEureka · 1 month ago

 We've put together a list where you can find seeds for most of the varieties featured in this episode; <https://stellareureka.com/heirloomseeds/>

Which one would you plant first? Or have you already grown any of these in your own garden? Let us know, we'd love to hear your experiences below!

 81  Reply

  • 13 replies
- 

@susannewinslow5717 · 1 month ago

1. Amish Paste Tomato (heirloom)

2. Fish Pepper (heirloom)

3. Mammoth Grey Sunflower

4. Rattlesnake Pole Bean...



23 replies

@heidimisfeldt5685 1 month ago (edited)

KOHLRABI, please don't waste leaves nor waste the stems, cook them. Sauté with onions in bacon grease, or add to soup. Cut small and add to your pasta recipe, or rice pilaf.

WASTE NOTHING AT ALL. Hard times are coming.

254 Reply

29 replies

@poofycat7556 1 month ago

About 5 years ago, we bought a piece of land beside a creek. It was covered in black walnut trees, which we cleared a portion of to make room for a cabin. The next spring, we were sitting up on the porch, enjoying the beautiful day. My husband looked down by the creek and asked me if that was garlic he saw. Laughing hysterically at him (because surely nothing would have survived in that dense overgrown forest), I went down to check. Red-faced and with my head down, I walked back up to the porch and admitted that SIX elephant garlic plants had survived for at least 20 years or even much longer (judging from the size of the ...

Read more

112 Reply

29 replies

@Greenr0 1 month ago

I grow Amish paste tomatoes. If you plant them in fertile soil, full sun, plenty of water and compost, they will grow to 10 feet tall producing several dozens of big meaty heart shaped great tasting red tomatoes each plant. They will be an experience you never forget.

97 Reply

9 replies

@CosmicDuskWolf 1 month ago (edited)

Sunflowers also purify the soil from heavy metals, toxins, and radio activity. Also fun fact, a chipotle pepper is just a red jalapeno.

52 Reply

23 replies

@wayneu1233 1 month ago

I think everyone should grow Rampicante squash. Pick them at 12-18" long, and they can be used as any other zucchini. Let them grow to 18-36" long, and they can STILL be used as any other zucchini! Let them turn brown on the vine and you've got an enormous winter squash that will store for months! I've grown Rampicante squash over 48" long that have gone into winter squash mode and continue to feed us through the winter! Three vines have produced dozens of fruits over the past couple months. Roast and puree it as a soup base, cut it into rounds and roast it to make a side dish, make zucchini bread...anything you can do with ANY ...

Read more

79 Reply

5 replies

@lorenstribling6096 1 month ago

I love learning about these old varieties. We have lost so much thru the commercialization of agriculture.

81 Reply

7 replies

@jekku4688 1 month ago

Growing up, my grandparents had an AMAZING backyard garden (by "backyard" it was probably at least an acre) where they grew absolutely everything possible, from multiple veggies, to grapes, apples, pears, berries, you name it. My grandma also grew gorgeous flowers on "her side" of the garden: huge gladiolas, sunflowers, roses, daisies, peonies, etc. As a kid, I couldn't appreciate the awesomeness of all that bounty. TODAY, I weep for the loss we now have as a family, after my grandparents passed away.

29 Reply

3 replies

@barrystevenyoung4818 1 month ago

Imagine a free society where only farmers with massive debts are legally allowed to grow food. We live in an age of artificial scarcity

54 Reply

9 replies